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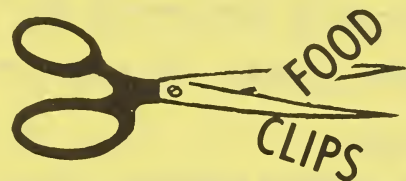
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Food and Home Notes

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French frying can be an art. For something different you might french fry sweetpotatoes, breaded green pepper rings, batter-dipped eggplant sticks, and parsnips.

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Dehydrated onions may be added (without reconstituting) to foods high in liquid. (In stews, for instance). You must follow the directions, carefully, however; different brands have different directions.

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Don't use any food that shows signs of spoilage such as foaming or "off-odor" during heating.

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High temperatures and long cooking causes egg protein to shrink with an accompanying loss of moisture, making the protein in the egg rubbery or tough. Try lower temperatures -- it's better.

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Yes, lentils may be cooked without soaking, according to U.S. Department of Agriculture home economists.

ON TALKING TURKEY

—It's The Season

Traditionally most people "think turkey" when the Thanksgiving holiday appears near on the calendar. Time was that turkeys were only prepared as the whole-style holiday bird—but last year more than half of the turkey meat output was used "cut up" or was further processed—according to the U.S. Department of Agriculture. Turkey commonly appears in turkey rolls, roasts, frozen dinners, pot pies, and more recently in ground turkey.

Nutritionally, the ready-to-cook turkey is about 24 percent protein. The fat content in turkey is generally lower than beef, and the fat is also less saturated. Dark turkey meat is somewhat higher in calories, but still contains less calories than many red meats.

In 1972, according to the U.S. Department of Agriculture's Economic Research Service, we ate 8.9 pounds per person, a new record. Contrast that to the figure in 1935 when the average American ate only 1.7 pounds of turkey per year. The USDA's projected study shows for 1980 -- per capita consumption of turkey is 10 pounds. Close to half of all that may be sold in one of the processed forms.

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ON SEWING MACHINES

—And How To Buy

If the world-wide budget problems have you, too, you're probably looking at ways to stretch your wardrobe. Maybe you've even thought about getting a used sewing machine and sewing your own clothes. Why not? It's a creative way to solve some of the problems with clothing styles -- or to alter some of the clothes you already have according to the Extension Service. You may find a used sewing machine to fit your personal sewing needs.

Retail stores sell both new and reclaimed or trade-in machines. Second hand stores usually have older sewing machines -- sometimes, even the newer models. Garage sales, bulletin board notices and want ads are also ways to find a used model. And, then, there are auctions.

You should check the machine to see if it is in good operating condition before you buy. Thread the top and bottom and see if it is easy to remove the thread -- and that the bottom may be set back in place easily. Are the controls easy to regulate and comfortable to use? Does the machine stitch straight seams and around curves with a good stitch? Is there a light where you need it? Does it run smoothly without unnecessary vibration or noise? If there are attachments, are they easy to use? How is the wiring--flexible and no wires showing?

It's also helpful if an instruction book comes with the machine. In some cases you may even have lessons in the "use of the machine," if you ask. Know if the purchase price includes any interest charges and if parts are readily available. The booklet "Used Sewing Machines - A Good Buy" (PA-1045) has been prepared by a Clothing Extension Specialist and is available from the Government Printing Office, twenty-five cents, Washington, D.C. 20250.

ONE STEP FOR YOUTH

----Getting Into Business

Delivering newspapers, selling seeds, magazine subscriptions — all kinds of ventures are constantly sought after by young people in an attempt to find an income-producing enterprise. All too often, perhaps, these attempts are not real stepping stones to future careers.

Now the U.S. Department of Agriculture's Farmers Home Administration offers a "Youth Project Loan" to youngsters under 21 years old in rural areas who want to establish and operate income producing farm or non-farm enterprises of modest size.

Who is eligible? If your youngster is adept at re-upholstering and refinishing furniture, he may be eligible for such a loan. Repair shops, woodworking shops, livestock production projects are some of the eligible ideas for loans. A roadside stand may be considered, or a mobile machinery repair-van would also come under this project. The loans may only be made to individuals and are not available to organizations.

A youth project must be part of an organized and supervised program of work and must be planned to produce sufficient income to repay the loan. It must also give the young person practical business experience.

First applications reported to the Farmers Home Administration for youth loans were made by some enterprising youngsters -- each of whom made his or her own application (not submitted by parents). They signed their own loan papers and, personally, assumed responsibility for its repayment.

In South Carolina, the first application came from a young lady who wanted to purchase cattle through a Youth Loan.

ONE STEP FOR YOUTH (continued)

One young man, age 12, of Aberdeen, Mississippi, applied for and received a \$2,000 loan to purchase five head of cattle to be placed on his father's land. The youngster worked under the direction of the 4-H Extension. For prior experience, the young farmer had already grown a 1000 pound champion steer which had been sold at 50 cents a pound.

In Indiana, a 13 year old boy wanted to expand his sheep project into a profitable operation. He wanted to purchase breeding ewes and equipment necessary to have a successful program. His loan was at 6 and 3/4 percent interest and amortized over a period not to exceed seven years.

If the loan is to be made to buy animals, the youngster must prove that he has facilities to take care of his project -- such as the land available. This program provides the young people with a chance to learn first hand about farming opportunities and business enterprises.

Repayment schedules may be worked out with the Farmers Home Administration county supervisors. Different type loans may be paid according to the time-schedule of the project (when produce is actually sold, for example). More detailed information may be obtained by writing to Food and Home Notes, or directly to your FHA county office which is listed in the local telephone directory under U.S. Government.

COMMENTS AND INQUIRIES TO:

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